



Commodore's Letter

Fall 2011

It is raining as I write this, the first rain since spring. It appears the summer is officially over, although there will definitely be more nice sailing days at the Lake. I'm sure you have all noticed the water level is on the way down, a sure sign that fall is here.

Our fall race schedule has had a rough start. The first race Saturday in September was the hottest day of the summer, about 107 degrees and no wind. Racing was cancelled.

The second race weekend worked out okay, we got in two races, a short one in light air, and a longer race as the wind filled. At the end of the day, Carl Strahle led the keel fleet with Ken George in second, Mike Kelly was the centerboard winner and Chris Strahle won the multihulls. Saturday, October 1st, was a disappointing turn



Chris Strahle heats it up in his Hobie 21 in the Fall Race Series.

out with only three boats racing, as low clouds and a threat of rain, plus the normal weekend commitments we all have, accounted for the small turn out.

A group of WSC members headed west to race in the Humboldt Yacht Club's Big

Lagoon Regatta, and as you'll see in the article they did very well. Congratulations to all the Mikes.

We have our annual club dinner at the Riverview Golf and Country Club on November 4th, we will be mailing out reminders about that later in the month, and the notice of the dinner is currently posted on the web site as well. At that time we'll vote on the new officers and board. With the mailing that goes out to you about the dinner, you'll find in addition to it a ballot for the officers and board for 2012. I hope you will take the time to send both back, the first with your choice of meals and number of guests, and the ballot with your vote.

Hopefully we'll get more participation for the last three race weekends, and if you are unable to get out, we hope to see everyone at our Club dinner on November 4th.



Jim and Julie Farmer in their Adventurer I at the Fiasco

Whiskeytown Sailing Club Annual Membership Meeting And Awards Dinner

Friday, November 4, 2011

Riverview Golf & Country Club
4200 Bechelli Lane
Redding, CA
6:00 PM
\$25.00 per person

(see separate mailing or website for more details)

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MEMBERSHIP

\$40/YR

Summer Fiascos and Pot Luck Dinners



Carl Strahle positions for a Fiasco start

The Club held a Fiasco and Pot Luck Dinner at the Lake in July and another in August. While the turnout was not as good as our June event, a number of boats went around the buoys in various directions (at least in July) and a good time was had by all.

In the July Fiasco, a very nice breeze held up for most of the trip around the buoys, and Carl Strahle on his Capri 25 was first boat back in. He was followed by Mike Archibald on his Hobie 16 and Jake Cartwright and Nancy O'Brien on their Ultimate 20. Had this been a handicap event with scoring, who knows who would have won on corrected time. Jim and Julie Farmer were out on their Hunter 26, as was Harvey Frese on his Harbor 20 and Ray Profitt on Lusty, his Balboa 26.

August was not so kind. We started off with very light air that just got lighter and then died. Rather than take out the barge, Jake, with Nancy and Don Sheely tied UFO, the Ultimate 20, to the starting buoy to serve as Committee Boat. The start

line was an infinite line from perpendicular to UFO out towards Highway 299. Without flags or horns, the start sequence was all verbal with the bull horn. Most boats started off toward Mark 6. When everyone had started, UFO was untied and headed to Mark 2. Neither direction worked. Since we all wanted to be back for the Pot Luck by 6:15, engines were started and the fleet made its way back to Brandy Creek with no one able to round either Mark 5 or Mark 2. And so it goes.

Wind or not, both dinners were excellent, the evenings were delightful at the lake and it is always nice socializing with a bunch of sailors.



A summer Fiasco gets underway

SIMPLE WAYS TO STAY FIT

Dennis Banks

Here is a question about falling out of your fitness routine (summer sailing) and trying to get back in the groove after a long break.

"But, somewhere along the way I stopped going to the gym. Now I am not overweight, but not comfortable with the weight that I have gained. The metabolism has slowed down (too many beers, we are sailors, you know). So my question to you is at this stage of the game what really will work?"

Where do you begin? First of all - do not start off where you left off 10-20 years ago. Common sense should tell you NOT to do that.

Focus on three things - the first two require little effort but will help you gain energy to exercise, help you recover from exercise, and help you lose weight. The third is JUST to get moving again.

1) Water Consumption

Water consumption of 2-3 liters a day - Depending on your weight, I would increase water up to a gallon, even if you are over 200 pounds. Drink at least a gallon of water a day, but exercise a few hours a day too.

2) Food Intake

Eat a system to help increase your metabolism,

AM - Yogurt, milk, cereal (whole wheat grain cereals – multi-grains are the best option)

AM - Egg whites, or hard-boiled

egg whites, whole wheat toast, jam or peanut butter

PM - Chicken, asparagus or



Mike Archibald crosses the finish line

broccoli, brown rice, wheat bread - fruit dessert

PM - Lean sirloin, green or lima beans, salad, whole grain garlic bread, sherbet

3) Stretch Daily

Stretch daily for one week - Then start moving for 1 month - add something simple to your routine like walking, swimming. Try mixing in jog/walk (not too far) and continue daily stretching. This will help you get the body in habit of fitness. After a month of light to moderate movements and stretching, you'll be ready to go! Too often people jump right into lifting heavy weights or running three miles a day, and next things you know they are injured or are so sore they cannot function. (Makes sheeting in the halyards a little difficult) You can avoid all soreness IF you stretch daily, and slowly build a foundation of fitness over the course of time.

Just try increasing your pushups from 5 to 35 for a month see how just doing this will help.

Dennis Banks is the former Commodore of the Whiskeytown Sailing Club and a personal trainer. He can be reached at dbanks@c-zone.net



Don Sheely, Ron Hanford and Jim and Chris Kelly enjoy socializing at the potluck after the Fiasco.

Officer and Board Elections for 2012

At our annual dinner on November 4th, the membership is asked to vote on the slate of Officers and Directors for 2012. According to our by-laws, these positions are held for two year terms. We currently have several vacancies and would welcome input from the membership as to candidates to fill them.

Our Secretary, Cynthia Harkness, has had to resign her position as her work has taken her out of Redding for more than 90 percent of the time. For the Directors, Gorden Briggs, Ron Hanford and Pamela Hanford have all served their two year terms.

The current slate of Officers before the membership is as follows:

Commodore: Jake Cartwright

Vice Commodore: Mike Archibald

Treasurer: Nancy O'Brien

Secretary: vacant

The By Laws specify five Directors; nominations are as follow:

Jim Kelly

Michael Moore

Harvey Frese (new)

Vacant

Vacant

If you would like to serve or nominate someone to serve, or would like information about what is required of a Director, please let Jake Cartwright know at jwpcartwright@gmail.com or at whiskeytownsailing@gmail.com.

If there are no other candidates, we will vote at the Annual Dinner to elect the above volunteers to serve the club in 2012.



A big thank you to Don Sheely for working the Barge at all of our races

Four Mikes of Whiskeytown

Michael Moore

Four Mikes went on the road representing WSC at the Humboldt Regatta on Labor Day Weekend. Unlike Whiskeytown in September, the weather was cool on the coast. The fog came and went, and the breeze made for some fun sailing on Big Lagoon. Keeping warm seemed to be one of our biggest challenges, as well as avoiding those big holes in the wind in the middle of the lagoon. Just like Whiskeytown, shifty winds in the morning finally settled into a consistent breeze by the afternoon. It was great!

It is a fun regatta for about 45 small boats and multi-hulls, with several classes represented. The launch ramp was short so most sailors beach launch from the rocky or grassy shore or, with help, lift their boats into the lagoon, keeping the trailers out of the salt water. It was a fun regatta with good wind most of the time and good food as the local club served dinner Saturday night and breakfast Sunday. Guitar music and singing rose above the bonfire thanks to Donna

and other musicians. Big Lagoon is a car camp site which provides spaces for small campers or tents, and is worth the trip over the hill if you are interested next year.

WSC was well represented at the awards presentation, with all 4 of the

Mikes (Kelly, Archibald, Eichwald, and Moores) placing 2nd or 3rd in the classes they represented. Congratulations to all!!! Join us next year, be cool, and enjoy great sailing and camaraderie of other WSC and Humboldt Yacht Club members.



Mike Kelly at the Big Lagoon



Michael and Donna Moore come out of the fog



Mike Eichwald among the Lasers at Big Lagoon



The four Mikes and Donna after a great regatta

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